

MAINE



Diet-Related Chronic Diseases That Disproportionately Affect African-American Men

Maine
vs.
National Statistics



CANCER

- Cancer is the second leading cause of death in the United States, accounting for one out of every four deaths.
- Cancer costs the United States an estimated \$107 billion annually from health care costs, mortality costs and lost productivity.
- Black men are about one and a half times more likely to die from cancer than white men.
- An estimated one-third of all cancer deaths are related to dietary risk factors. A diet that is low in saturated fats and contains 5 or more servings of fruits and vegetables each day, plays a key role in maintaining good health.

Maine ranks 7th highest overall in cancer mortality rates among the 50 states and Washington, D.C.

- 1,284,900 new cancer cases will be diagnosed in the United States in 2002, including 7,000 in Maine according to American Cancer Society estimates.
- 555,500 cancer deaths will occur in the United States in 2002, including 3,000 in Maine according to American Cancer Society estimates.

Mortality Rates* for Men Ages 35+: 1995-1999 All Cancers

	Maine	National
Black	783.8	696.3
White	543.1	489.5
Overall	542.7	501.3

*Rates are per 100,000 and age-adjusted to the 2000 U.S. standard. Mortality data provided by NCHS (<http://www.cdc.gov/nchs>)

Sources: National Center for Chronic Disease Prevention and Health Promotion: Chronic Disease Prevention Report: "The Burden of Chronic Diseases and Their Risk Factors/National and State Perspectives 2002"; NCI 2001 Cancer Progress Report; NCI SEER Cancer Incidence Report 1992-1998.

HEART DISEASE

- Heart disease is the leading cause of death in the United States.
- Heart disease costs the nation an estimated \$329 billion annually from health care costs, mortality costs, and lost productivity.
- In 1999, rates of death from heart disease were 29 percent higher among blacks than whites.
- In 1999, rates of death from heart disease were 49 percent higher among men than women.
- Black men between the ages of 35 and 44 have over twice the rate of death from heart disease than white men.
- Poor eating habits are considered a major risk factor for heart disease.

Mortality Rates* for Men Ages 35+: 1995-1999 **Heart Disease**

	Maine	National
Black	724.4	820
White	652.8	674
Overall	651.9	679.8

*Rates are per 100,000 and age-adjusted to the 2000 U.S. standard. Mortality data provided by NCHS (<http://www.cdc.gov/nchs>)

Sources: National Center for Chronic Disease Prevention and Health Promotion: Chronic Disease Prevention Report: "The Burden of Chronic Diseases and Their Risk Factors/National and State Perspectives 2002"; NHLBI: "Morbidity and Mortality 2002 Chart Book on Cardiovascular, Lung, and Blood Diseases."

HYPERTENSION

- Hypertension (high blood pressure) affects one out of every four American adults.
- About 30 percent of people with hypertension are unaware of their condition.
- Left untreated, hypertension can damage kidneys and lead to stroke, heart attack, and heart failure.
- Blacks have the highest rates of hypertension in the world, affecting more than one out of every three.
- Blacks develop hypertension at an earlier age than whites, tend to have more severe high blood pressure, and are less likely to receive treatment.
- Blacks have a 320% higher rate of hypertension-related end-stage renal disease than the general population.

Mortality Rates* for Men Ages 35+: 1995-1999 **Hypertension**

	Maine	National
Black	0	29.1
White	7.7	9
Overall	7.6	10.7

*Rates are per 100,000 and age-adjusted to the 2000 U.S. standard. Mortality data provided by NCHS (<http://www.cdc.gov/nchs>)

Sources: National Center for Health Statistics—FASTATS-Hypertension; National Center for Chronic Disease Prevention and Health Promotion: Chronic Disease Prevention Report: “The Burden of Chronic Diseases and Their Risk Factors/National and State Perspectives 2002”; NHLBI: “The Sixth Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure.”

DIABETES

- Diabetes is the sixth leading cause of death in the United States.
- About one-third of people with diabetes are unaware that they have the disease.
- On average, blacks are twice as likely as whites of similar age to have diabetes in the U.S.
- Blacks with diabetes are more likely to develop complications and experience greater disability than whites with diabetes.
- Death rates from diabetes are 27 percent higher for blacks than whites in the U.S.
- The frequency of diabetic eye disease is 40 to 50 percent higher in blacks compared to whites in the U.S.
- Blacks have about a 4 times greater rate of kidney failure from diabetes than whites in the U.S.
- Approximately 90 to 95 percent of blacks with diabetes have “type 2 diabetes,” a type that usually develops in adults and is treatable through diet and exercise.

Mortality Rates* for Men Ages 35+: 1995-1999 Diabetes

	Maine	National
Black	58.9	91
White	51.9	47.6
Overall	52.2	51.2

*Rates are per 100,000 and age-adjusted to the 2000 U.S. standard. Mortality data provided by NCHS (<http://www.cdc.gov/nchs>)

Sources: NIH Publication No. 02-3266 May 2002: “Diabetes in African Americans (NIDDK-National Diabetes Information Clearinghouse).”

OBESITY

- Overweight and obesity are the second leading causes of preventable death in the United States.
- Overweight and obesity affect over 60 percent of all American adults.
- Being overweight increases the risk for heart disease, stroke, diabetes, and some cancers.
- Higher body weights are also associated with increases in all-cause mortality.
- In 2000, the cost of obesity in the United States was more than \$117 billion.
- More than half of blacks in Maine are estimated to be at risk for health problems related to being overweight.

Percent of total population at risk for health problems related to being overweight*

	Maine	National
Black	60.0	65.4
White	56.5	61.9

*CDC Behavioral Risk Factor Surveillance System 2000

Sources: National Center for Chronic Disease Prevention and Health Promotion: CDC FAQs on Overweight and Obesity (<http://www.cdc.gov/nccdphp/dnpa/obesity/faq.htm>); CDC Behavioral Risk Factor Surveillance System 2000.

FRUIT AND VEGETABLE CONSUMPTION

The National Cancer Institute's 5 A Day For Better Health Program recommends eating 5 to 9 servings of fruits and vegetables a day to reduce the risk for cancer, heart disease, hypertension, diabetes and other diseases. The Dietary Guidelines for Americans 2000 released jointly by the U.S. Department of Agriculture and the Department of Health and Human Services recommend that active teen boys and men eat 9 servings of fruits and vegetables a day to maintain good health.

But, data show that black men ages 35 to 50 eat only 3.5 servings of fruits and vegetables a day, approximately one-third of the nine servings recommended for men. According to the most recent estimates, blacks consume fewer servings of fruits and vegetables a day than any other racial or ethnic group.

Fruit and Vegetable Consumption in African Americans and Whites

Source: Behavioral Risk Factor Surveillance System 2000

Race	Never or < 1 a day	1 to < 3 a day	3 to < 5 a day	5+ a day
Maine Black	0.0%	15.5%	29.9%	54.7%
Maine White	1.9%	28.7%	44.6%	24.8%
National Black	4.4%	37.5%	34.8%	21.3%
National White	3.4%	33.4%	40.0%	23.4%

Sources: CSFII-1996.